

Table of Contents

Topic	Page
1. Clearinghouse	1
2. Food Security/Farmers' Markets/Gardening	3
3. Fruits and Vegetables	7
4. Low Fat Eating	10
5. Obesity and Eating Disorders	13
6A. Nutrition Education: Adults	16
6B. Nutrition Education: Children/Youth	24
6C. Nutrition Education: Ethnic Specific	34
7. Physical Activity	37
8. Recipes, Cooking Tips, and Food Safety	43
9. Research Publications	50

Nutrition Education & Physical Activity Resource List
Contributed by Partners of *The California Nutrition Network for Healthy, Active Families*

1. Clearinghouse

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
National 5 A Day Online Catalog English/Some Spanish	National 5 A Day materials and description	Produce for Better Health Foundation P.O.Box 149 Newark, DE 19715-0149	(888) 391-2100 (302) 894-1097 Website: www.shop5aday.com
California Department of Education (CDE): “Educational Resources Catalog” English/ 2003	Educational materials catalogs that include nutrition education and health resources. ---Grades K-12	CDE Press California Department of Education P.O. Box 271 Sacramento, CA 95812-0271	(800) 995-4099 (800) 664-9462
California Foundation for Agriculture in the Classroom English/ 2003	Resources for teacher including guide, lesson plans, classroom activities. ---Grades K-12	California Foundation for Agriculture in the Classroom 2300 River Plaza Drive Sacramento CA 95833-3293	(800) 700-AITC (916) 561-5697 Website: www.cfaite.org
California Healthy Kids Resource Center English	Comprehensive collection of health education materials for teachers, administrators, other professionals, parents and community personnel who work with children/ youth. Includes videotapes, books, laserdiscs, curricula, teacher reference and research material, models and other displays. ---Grades PreK-12	California Healthy Kids Resource Center Alameda County Office of Ed. 313 W. Winton Avenue Hayward, CA 94544	(510) 670-4583 (510) 670-4582 Website: www.californiahealthykids.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Garden and Nutrition Resource Catalog	Annotated bibliography includes brief review of ordering information. ---Preschool-12 students and their educators	California Foundation for Agriculture in the Classroom 2300 River Plaza Dr. Sacramento, CA 95833-3293	(800) 700-AITC (916) 561-5697 Website: www.cfaite.org
Leaders Encouraging Activity and Nutrition (Project LEAN)	Project LEAN materials.	California Project LEAN P.O. Box 942732, MS 7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org
National Cancer Institute	List of publications, brief description, and target audience.	National Cancer Institute	(800) 4-CANCER (422-6237) Website: https://cissecure.nci.nih.gov/ncipubs/search.asp
Nutrition, Counseling, Education and Services (NCES), Inc.	Brief description of materials.	NCES, Inc 1904 East 123 rd Street Olathe, KS 66061-5886	(913) 782-4385 (800) 251-9349 Fax Website: www.ncescatalog.com
SPORTIME	Catalog for physical education, recreation, athletics, aquatics, dance and health equipment, videos, and teacher resources for physical activity. ---Students	SPORTIME	(800) 283-5700 (800) 845-1535 Fax Website: www.sportime.com .
TEAM Nutrition Resources: A Guide to What's Available And How to Get It	Description of each of the Team Nutrition resources. Updated version online. ---Grades K-12	USDA Team Nutrition 3101 Park Center Drive. Rm. 1010 Alexandria VA, 22302	(703) 305-1624 (703) 305-2879 Fax Email: teamnutrition@fns.usda.gov Website: www.fns.usda.gov/tn

2. Food Security/Farmers' Markets/Gardening

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Handouts			
Brochures			
“Stretch Your Food Dollars” English/ Spanish/ 2002	Provides adults with a nutritious, low-cost, four-day menu plan to help stretch food dollars. ---Low-income adults	County of San Bernardino Department of Public Health Nutrition Program 351 N. Mountain View Avenue Room 104 San Bernardino, CA 92415-0010	(909) 387-6337 (909) 387-6899 Fax Email: pdesilva@dph.sbounty.gov
“Getting Enough to Eat?”	Food Stamp Promotion Brochure for the Able Bodied Adults Without Dependents (ABAWD) population.	<i>California Nutrition Network</i> California Dept of Health Services Cancer Prevention and Nutrition Section P.O. Box 942732, MS 7204 Sacramento, CA 94234-7320	Email: cpnscommunications@dhs.ca.gov
Fact Sheets			
“Plan Healthy, Low-Cost Meals Using the Food Guide Pyramid/Create Your Own Casseroles” English/Spanish/1994	Provides a way to plan healthy, low-cost meals using the food guide pyramid. ---Low-income adults	County of San Bernardino Department of Public Health 351 Mt. View Avenue San Bernardino, CA 92415-0010	(909) 387-6320 E-mail: jsilberstein@dph.sbcounty.gov

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Lesson plans/ Activities			
Guides			
“California Farm Fresh Guide” English/ 2001	Guide to California farms and locally grown products; lists of statewide harvest festivals, certified farmers’ markets, community supported agriculture projects. ---Teachers, farmers, consumers	Community Alliance with Family Farmers P.O. Box 363 Davis, CA 95617	(800) 852-3832 (530) 756-7857 Fax Email: farmfresh@caff.org Website: www.caff.org
“Community Food Security Assessment Toolkit” English/2002	Toolkit of standardized measurement tools for assessing various aspects of community food security ---Community Organizations	USDA Economic Research Services Economic Research Service 1800 M Street NW Washington, DC 20036-5831	Website: http://www.ers.usda.gov/publications/efan02013
“Forming a Network of Food Assistance Providers” English/1996	Guide on how to form a network of food providers. Includes step-by-step outline. ---Community organizations	County of San Bernardino Dept. of Public Health Nutrition Program Paula deSilva, RD 351 North Mt. View, Room 104 San Bernardino, CA 92415-0010	(909) 387-6320
“Garden Resource Guide” English/ 2003	Guide to use in planning, designing, and implementing gardens for children and youth. ---Teachers, childcare providers, churches, and community organizations	UCCE Alameda County 1311 Harbor Parkway, Suite 131 Alameda, CA 94502	(510) 567-6812 (510) 567-6813 Fax Email: cealameda@ucdavis.edu
“Getting Food on the Table” English/1999	Action guide to local food policy. ---Community/food advocates.	Community Food Security Coalition P.O. Box 209 Venice, CA 90294	(310) 822-5410 (310) 822-1440 Fax Website: www.foodsecurity.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Growing a Community Food System” English/ 1999	General guide to building a community food system. Includes building a successful coalition, developing projects, assessment, developing project resources, integrating policy with projects and evaluation.	Bulletins Office Washington State University Cooper Publications Building P.O.Box 645912 Pullman, WA 99164-5912	(800) 723-1763 (509) 335-3006 Email: bulletin@wsu.edu Website: http://pubs.Wsu.edu
“Healthy Farms, Healthy Kids” English/January 2001	Detailed description of farm to school projects; analysis of policies related to nutrition and local food systems; policy recommendations. ---Food service administrators, education, nutrition and agriculture policy makers, parents, teachers, small farmers	Community Food Security Coalition PO Box 209 Venice, CA 90294	(310) 822-5410 (310) 822-1440 Fax Website: www.foodsecurity.org
“Planning Community Food Security Projects: From the Ground UP!” English/ 2002	Local community food security projects with <i>California Nutrition Network</i> . ---Community organization	<i>California Nutrition Network</i> Cancer Prevention and Nutrition Section California Department of Health Services P.O. Box 942732, MS 7204 Sacramento, CA 94234-7320	(916) 449-5400 Website: www.ca5aday.com
“The Persistence of L.A.’s Grocery Gap”: The need for a new food policy and approach to market development English/ 2002	Informational report on the history, cultural and geographical environment factors dealing with health disparities, and urban grocery store gaps in Los Angeles, and recommendations for future. ---Community organization	Center for Food and Justice Urban and Environmental policy Institute Occidental College 1600 Campus Road Los Angeles, CA 90041	(323) 341-5092 (323) 258-2917 Website: www.uepi.oxy.edu/cfj
“Weaving the Food Web” English/ 2003	Profiles, issues, and resources that promote community food security, and list of publications ---Community organization	Community Food Security Coalition P.O.Box 209 Venice, CA 90294	(310) 822-5410 (310) 822-1440 Fax Website: www.foodsecurity.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
<p>“What’s Cooking in Your Food System?” A guide to community food assessment. English/2002</p>	<p>Includes case studies of community assessments overview of potential benefits and outcomes of an assessment, tips for planning and organizing an assessment, guidance on research methods and strategies, ways to translate a community food assessment into action for change and methods for promotion community participation.</p> <p>---Community organizations</p>	<p>Community Food Security Coalition P.O.Box 209 Venice, CA 90294</p>	<p>(310) 822-5410 (310) 822-1440 Fax Website: www.foodsecurity.org</p>
Order Forms			
<p>Community Food Security Publications Order Form English/1998</p>	<p>Guides community food assessment, evaluating the barriers and opportunities, action guide to local food policy, and strategies for food security ---Administrators, nutrition professionals, community organizations, agencies that plan food security and gardening programs</p>	<p>Community Food Security Coalition P.O. Box 209 Venice, CA 90294</p>	<p>(310) 822-5410 (310) 822-1440 Fax Website: www.foodsecurity.org/index.html Specific website: www.foodsecurity.org/memberinfo.html</p>

3. Fruits and Vegetables

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Audio Visual			
“Lightening Meals: A Veggie Variety” Video English/ 2003	How to incorporate more vegetables into common meals in quick time. ---Adults	Humboldt County Public Health Department North Coast Project LEAN 529 I Street Eureka, CA 95501	(707) 268-2160 (707) 445-6097 Website: www.northcoastlean.org
Handouts			
Brochure			
“California Fig Nutrition Facts” English/ 1995	How to include figs into the diet for fiber and nutrients. ---Adults, health professionals	California Fig Advisory Board 3425 N. First Street, Suite 109 Fresno, CA 93726	(800) 588-2344 (559) 440-6400 (559) 438-5405 Fax Website: www.info@californiafigs.com
“Eat 5 a Day the California Way” English/ 2003	New research shows that people who eat 5 servings or more of fruits and vegetables every day have a much lower risk of getting many serious health problems than people who eat 2 or fewer servings a day. ---Adults	California Dept of Health Services Cancer Prevention and Nutrition Section P.O. Box 942732, MS 7204 Sacramento, CA 94234-7320 1616 Capitol Ave, Suite 74.516 Sacramento, CA 95814	(888) EAT-FIVE Email: cpnscommunications@dhs.ca.gov
“Healthy Eating the Vegetarian Way” English/1997	Understanding what a vegetarian diet is and how to eat vegetarian. ---Adults	Los Angeles County Nutrition Program 3530 Wilshre Blvd. Suite 800 Los Angeles, CA 90010	(213)-351-7889 (213)-351-2793 Fax
“Men eat 9 a day” English/ 2003	Nutrition information and tips to encourage men to eat more fruits and vegetables. ---African American Adult Men	National Cancer Institute	(800) 4-CANCER (422-6237) Website: www.9aday.cancer.gov

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
<p>“New Buyers Guide to Dietary Fiber: Fruits, Nuts & Vegetables”</p> <p>English/1996</p>	<p>Provides education on how to get natural fiber into your diet. Charts many fruits, nuts and vegetables according to grams of fiber and calories per gram of fiber. Promotes figs.</p> <p>---Dietitians, General Public</p>	<p>California Fig Advisory Board Department LF 3425 N. First Street, Suite 109 Fresno, CA 93726</p>	<p>(800) 588-2344 (559) 440-6400 (559) 438-5405 Fax</p> <p>Website: www.info@californiafigs.com</p>
<p>“Time to Take Five: Eat 5 Fruits and Vegetables Every Day”</p> <p>English/1995</p>	<p>Benefits of eating more fruits and vegetables; ideas for increasing fruits and vegetable intake.</p> <p>---Low literacy adults</p>	<p>National Cancer Institute</p>	<p>(800) 4-CANCER (422-6237)</p> <p>Website: https://cissecure.nci.nih.gov/ncipubs/search.asp</p>
Fact Sheets			
<p>“Peaches, Plums & Nectarines Nutrition Facts”</p> <p>English/2003</p> <p>Revised version 2004</p>	<p>General information per title.</p> <p>---Adults</p>	<p>California Tree Fruit Agreement P.O. Box 968 Reedley, CA 93654-0968</p>	<p>(559) 638-8260 (559) 638-8842 Fax</p> <p>Website: www.caltreefruit.com</p>
Flip Charts			
<p>“Fruits & Vegetables”</p> <p>English/Vietnamese/ 1996</p>	<p>Nutritional benefits of eating fruits and vegetables.</p> <p>---Adults</p>	<p>UC Cooperative Extension, Berkeley 209 Morgan Hall Berkeley, CA 94720-3104</p>	<p>(510) 642-5382 (510) 643-0535 Fax</p> <p>E-mail: kimphuc@nature.berkeley.edu</p>

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Product			
“Smart Snacking Ripening Bag” English/ 2003	Ripening bags with messages about how to ripen fruit fresh fruit and to show that fresh fruit is cheaper and better for you than junk food. ---Low-income adults	California Tree Fruit Agreement P.O. Box 968 Reedley, CA 93654-0968	(559) 638-8260 (559) 638-8842 Fax Website: www.caltreefruit.com
Lesson plan/ Activities			
Guide			
“Cooking Healthy” (Cocinando Saludable!) English/ Spanish/ 2003	Session that teach how to buy, store, and prepare fruits and vegetables. Includes recipes, preparing the staff guide, handouts, evaluation forms, and a resource section. ---Adults	Graphic Awakening Inc. 25487 Coraltree Court, Murrieta, CA	May only order via email (619) 871.5377 (909) 698.1951 Fax Email: jessica@graphicawakening.com

4. Healthy Weight: Low Fat Eating

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Handouts			
Brochure			
“Celebrate Health with a Low Fat Fiesta” English/ 1997	Features tasty, low fat Mexican dishes and healthy eating tips. ---General audience	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer
“Celebre con una Fiesta al Aire Libre” Spanish/ 1997	Includes tasty recipes for an outdoor fiesta and healthy eating tips. –Spanish-speaking audience	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/
“Compre, Cocine & Coma con Poca Grasa” Spanish/ 1995	Provides a low-literacy Spanish-language version of Shop, Cook & Eat Lean. –Spanish-speaking, low-literacy audience	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/
“Eat LEAN Mexican Cuisine” English/ 1997	Includes tasty Mexican recipes and healthy eating tips. --General audience	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/
“Food on the Run” English	Provides tips on healthy eating and physical activity for parents of adolescents. ---Parents of adolescents	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer
“One Small Step at a Time” Spanish/English/ 1994	Tips for helping young children maintain a healthy weight. ---Adults	Los Angeles County Nutrition Program 3530 Wilshire Blvd. Suite 800 Los Angeles, CA 90010	(213) 351-7889 (213) 351-2793 Fax

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Que Deben Hacer los Padres de los Ninos que Pesan Mucho” Spanish	How to help an obese child choose a healthy diet. ---Spanish-speaking parents	University of California ANR Communication Services 6701 San Pablo Ave Oakland, CA 94608	(510) 642-2431 (800) 994-8849 (510) 643-5470 Fax
“Shop, Cook & Eat Leant” English/1995	Highlights simple ways to shop smart, cook smart and dine smart. --Low-literacy parents of adolescents	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/
“Tips on How to Eat Less Fat” “Coma Menos Grasa” English/ Spanish/ 1995	Food preparation ideas for decreasing animal fat in the diet. ---Low-literacy adults	National Cancer Institute	(800) 4 CANCER (22-6237) Website: https://cissecure.nci.nih.gov/ncipubs/search.asp
Fact Sheet			
“New: MOOve to 1% milk” Eng/Spanish	Facts about 1% milk ---Adults	Gold Coast Project LEAN 5125 S. Centerpointe. Parkway Suite 302 Santa Maria, CA 93455	Susan Klucker (805) 346-8456 Email: sklucke@co.santa-barbara.ca.us
Pamphlet			
“Squeeze Out the Fat” English/ Spanish/ 1997	Increases awareness & knowledge of fat content of foods & physical activity, increases skills for selecting lower fat food choices when eating at fast food restaurants and identifying appropriate aerobic activities. ---Parents and care givers	California DHS, Children’s Medical Services 1515 K Street, Room 400 Sacramento, CA 95841	PUB 56 ENG (available only in local CHDP programs) PUB 287 Spanish Website: www.dhs.ca.gov/pcfh/cms/chdp/publications.htm Call Local CHDP program

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Lesson plans/ Activities			
Guide			
“Fast Food Survival: How to Eat Healthy Fast Food Meals” English/Spanish/ 2002	Educate about fat content of fast foods and how to make healthier choices. ---Low-literacy adults	County of San Bernardino Department of Public Health, Nutrition Program 351 N. Mountain View Avenue, Room 104 San Bernardino, CA 92415-0010	(909) 387-6320 E-mail: jsilberstein@dph.sbcounty.gov
Lesson			
Nutrition and Physical Activity Workshop Outlines English/ 1995 (participant handouts in English & Spanish)	Lessons and workshop. Many titles including: “Recipe Makeover,” “Reading Food Labels,” “Beyond Salads,” “Keeping Fit, Keeping Healthy,” “Healthy Eating on a Budget,” “Stress Management,” and “Know Your Food Size?” ---Health care & community providers	Contra Costa Health Services Community Wellness & Prevention Program, 597 Center Avenue, Suite 115 Martinez, CA 94553-4634	(925) 313-6829 (925) 313-6840 Fax Website: http://ccprevention.org-coalitions-omf

5. Healthy Weight: Obesity and Eating Disorders

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Audio Visual			
“Body Talk: Teens Talk About Their Bodies, Eating Disorders and Activism” English	Half-hour videotape on body image and teens and young adults. Comes with 12 page Facilitator’s Guide. ---Teens	The Body Positive 1115 Evelyn Avenue Albany, CA 94706	(510) 841-9398 (510) 524-0363 Fax Website: www.bodypositive.com
Handouts			
Brochure			
“Setting Goals for Weight Loss” English/ 1999	Promotes healthy body weight through safe and slow weight loss; includes weight/health profile and referrals for more information. ---Adults	Partnership for Healthy Weight Management	(888) 878-3256 Website: www.consumer.gov/weightloss
Flipchart			
“Children and Weight: What Families Can Do” English/Spanish/1998 (other languages available)	Obesity prevention and treatment information for the parents of overweight children. Used to prevent eating disorders and give parents new skills in preparing healthy foods and acting as healthy role models. ---Doctors office where target audience is low income parents/caregivers	California DHS, Children’s Medical Services 1515 K Street. Room 400 Sacramento, CA 95841	Local CHDP program or WIC Branch Warehouse

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Pamphlet			
<p>“If My Child is Overweight, What Should I Do”</p> <p>English/ Spanish/ 1998</p>	<p>Background information and tips for parents to help overweight children reach a healthy body weight.</p> <p>---Parents & caregivers</p>	<p>UC Cooperative Extension, Oakland 6701 San Pablo Avenue Oakland, CA 94608-1239</p>	<p>(800) 994-8849 (510) 643-5470 Fax</p> <p>E-mail: danrcs@ucdavis.edu</p>
Lesson plans/ Activities			
Guide			
<p>“Weight Control”</p> <p>English/Spanish/1994</p>	<p>Teaching tool used by health professionals to reduce weight of clients. Explains how to reduce fat intake and make healthy food choices every day.</p> <p>---Low-literacy adults</p>	<p>Los Angeles County Nutrition Program 3530 Wilshire Blvd. Suite 800 Los Angeles, CA 90010</p>	<p>(213)-351-7889 (213)-351-2793 Fax</p>
Kit			
<p>“Children and Weight: What Health Professionals Can Do About It”</p> <p>English/1999</p>	<p>Educates providers about the causes of obesity and provides current research about appropriate treatment for overweight children. Includes videos, concept paper, camera-ready handouts, resource lists, and audiotape.</p> <p>---Health care professionals working with low-income children/teens</p>	<p>University of California ANR Communication Services 6701 San Pablo Avenue Oakland, CA 94608-1239</p>	<p>(510) 642-2431 (800) 994-8849 (510) 643-5470 Fax</p>

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
HUGS International, Inc.	Group counseling program with a Non-diet approach to weight management for both professionals and consumers including books, videos, workshops, presentations ---Adults	HUGS International, Inc. Box 102A, RR #3 Portage la Prairie, MBRIN3A3 Canada	(204) 428-3432 (800) 565-4847 (204) 428-5072 Fax Website: www.hugs.com
“Weight Control Information Network” (WIN) English	Provides up-to-date information on weight control, obesity, physical activity and related issues; free materials in limited quantities. Includes brochures, fact sheets, videos, and camera-ready publications. ---General public, health professionals, media and government	WIN 1 WIN Way Bethesda, MD 20892-3665	(877) 946-4727 (202) 828-1028 Fax Website: www.niddk.nih.gov/health/nutrit/nutrit.htm

6A. Nutrition Education: Adults

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Handouts			
Booklet			
“Eat Smart with Fruits and Vegetables” English/ 2001	How to pick and serve fruits and vegetables ---Adults	American Cancer Society	(800) ACS-2345 Website: www.cancer.org
“Living Smart” English/ 1999	Guide to eating healthy and being active; includes a self-assessment. ---Adults	American Cancer Society	(800) ACS-2345 Website: www.cancer.org
“The Calcium Connection” Healthy Bones from One Generation to Another English/1997	Self-instructional guide on bone health to osteoporosis prevention including self-assessment. ---Pre-teens to Adult Women	Dairy Council of California	(888) 868-3133 Website: www.dairycouncilofca.org
“Nutrition and Your Health: Dietary Guidelines for Americans” English/ 2000	Helpful guideline information tools and tips. ---Health professionals and adults	USDA Superintendent of Documents P.O.Box 371954 Pittsburgh, PA 15250-7954	(202) 512-1800 (202) 512-2250 Fax Website: http://bookstore.gpo.gov/sb/sb-162.html
Brochure			
“Choices For Good Health” English/ 2003	Provides community action ideas and recommended guidelines for healthy eating and healthy behaviors for cancer prevention. ---Adults	American Cancer Society	(800) 227-2345 Website: www.cancer.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Eating at Work the <i>5 a Day</i> Way” English/ 2003	How to enjoy fruits and vegetables during work ---Adults	<i>5 a Day</i> Department of Health Services 1616 Capitol Ave. MS 7204 Sacramento, CA 94234-7320	Contact Regional Lead Agency Or (888) EAT-FIVE Email: cpnscommunications@dhs.ca.gov Website: www.ca5aday.com
“Eating Well is the Best Defense” English/Spanish/1994	Healthy food choices are presented to strengthen immune function for people with HIV. ---Low literacy Adults	Los Angeles County Nutrition Program 3530 Wilshire Blvd. Suite 800 LA CA 90010	(213) 351-7889 (213) 351-2793 Fax
“Healthy Tips” English/Spanish/Chinese/2001	Trifold color brochures on snacks, physical activity, healthy cooking, fruits and vegetables, folic acid, weight management, stress. ---Low Literacy Adults	San Francisco Department of Public Health 30 Van Ness Ave Suite 220 San Francisco, CA 94102	Request order form: (415) 575-5689 (415) 575-5797 Fax
“It’s all About You: Make Healthy Choices That Fit Your Lifestyle” English/Spanish/Vietnamese/1998	Ideas to easily increase physical activity in daily life and new ideas for healthy eating. Setting personal goals. ---WIC Program Participants, Low-literacy Adults	County of Orange Health Care WIC Program 1725 W. 17 th Street Santa Ana, CA 92706	(714) 834-7775 (714) 834-8028 Fax
“Take time to take Five: Eat 5 fruits and vegetables every day” (Coma 5 frutas y verduras todos los días) English/ Spanish/ 1995	<i>5 a Day</i> advice ---Low literacy adults	National Cancer Institute	(800) 4 CANCER (22-6237) Website: https://cissecure.nci.nih.gov/ncipubs/search.asp

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Taking Control” English/Spanish/1996	Ten things to help you reduce your cancer risk, including diet and other lifestyle changes. ---Adults	American Cancer Society	(800) ACS-2345 (227-2345) Website: www.cancer.org
“Using the Dietary Guidelines for Americans” English/ 2000	Information on the fat, food guide pyramid, and calorie recommendation. ---General Audience	USDA Center for Nutrition Policy and Promotion	(888) 878-3256 In bulk copies call (202) 512-1800 Website: www.usda.gov/cnpp
Fact Sheet			
“Better Health Begins with You” 32 Languages, all bilingual	Four handouts for healthy adults, mothers and babies, mature adults and children. Downloadable or over table on heavy paper. ---Ethnic Specific Audience	Center for Applied Research in Anthropology Georgia State University One University Plaza Atlanta, GA 30303	(404) 651-0428 (404) 651-3302 Fax Website: http://multiculturalhealth.org
“Eating Right for a Healthier Heart” English/Russian/1996	Guidelines for healthy eating, reading food labels, choosing low-fat foods, eating out, reducing cholesterol. ---Low-income adults	The Health Education Council 1721 2 nd Street, Suite 101 Sacramento, CA 95814	(916) 556-3344 (916) 446-0427 Fax
“Family Connections—Dear Family Letters” English/1997	Sample letters from care givers to families to promote better health & nutrition, including information on dietary guidelines, nutrition facts and tip sheets. ---Families	Publications Division, Sales California Dept. of Education 721 Capitol Mall, Box 271 Sacramento, CA 95812	(800) 995-4099
“Five Important Nutrition Tips” English/Spanish/1994	Provides practical nutrition tips for adults. ---Low-income adults	County of San Bernardino Department of Public Health 351 N. Mountain View Avenue San Bernardino, CA 92415-0010	(909) 387-6320

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
California Avocados: “A Healthy Outlook For Mature Adults” English/2003	Nutrition education and benefits of avocados ---Health Professionals and General Public	California Avocado Commission 38 Discovery Suite 150 Irvine, CA 92618-3105	(949) 341-1955 (949) 341-1970 Fax Website: www.avocado.org
California Avocados: “A healthy start for babies & mothers” English	Nutrition education and benefits of avocados ---Health Professionals and Expecting Mothers	California Avocado Commission 38 Discovery Suite 150 Irvine, CA 92618-3105	(949) 341-1955 (949) 341-1970 Fax Website: www.avocado.org
“What to Tell Your Clients About Lactose Intolerance: Separating Myth from Reality” English/1999	Reviews prevalence, symptoms and management of lactose intolerance. ---Health professionals	Dairy Council of California	(888) 868-3133 Website: www.dairycouncilofca.org Not on list but available on web
Flip Chart			
“Calcium Rich Foods” English/Vietnamese/1996	Nutritional benefits and sources of calcium. ---Adults	UC Cooperative Extension, Berkeley 209 Morgan Hall, Room 9A Berkeley, CA 94720-3104	(510) 642-5382 (510) 643-0535 Fax E-mail: kimphuc@nature.berkeley.edu
“Grains” English/Vietnamese/1996	Nutrition benefits and use of grain products. ---Adults	UC Cooperative Extension, Berkeley 209 Morgan Hall Berkeley, CA 94720-3104	(510) 642-5382 (510) 643-0535 Fax E-mail: kimphuc@nature.berkeley.edu

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Guide			
Duplicating Masters for “Nutrition During Pregnancy & Postpartum Period” English/ 2003	Copy-ready information about nutrition for women during pregnancy and postpartum period. Includes assessment tools; weight-gain grids. ---Providers serving women age 16-45	California DHS, MCH Branch 1616 Capitol Ave., MS 8306 P.O. Box 942732 Sacramento, CA 94234-7320	(916) 650-0401 (916) 650-0382 E-mail: shaydu@dhs.ca.gov
“Fresh Ideas for Community Nutrition and Physical Activity” English/ 2003	Overview of issues, case studies of successful strategies, lessons learned and Nutrition, physical activity, funding resource sections. ---Community service professionals and their partners	Center for Civic Partnerships 1851 Heritage Lane, Suite 250 Sacramento, CA 95815	(916) 646-8680 (916) 646-8660 Email: chcc@civicpartnerships.org Website: www.civicpartnerships.org
Fast Food Survival Guide English/ 2003 <i>Spanish version in process</i>	Guide to how much sugar and fat is in fast foods. Lists out major fast food menus and gives the nutrition content on each item.	County of San Bernardino Department of Public Health Nutrition Program 351 N. Mountain View Ave. Room 104 San Bernardino, CA 92415-0010	Maria Whitaker-Saucedo (909) 387-0181 (909) 387-6899 Fax Email: mwhitaker-saucedo@dph.sbcounty.gov
“Local Strategies to Increase Healthy Eating and Physical Activity” English/2003	Policy ideas, general statistics, case studies, other related policies, policy website and publications resources. ---Community service professionals and their partners	Center for Civic Partnerships 1851 Heritage Lane, Suite 250 Sacramento, Ca 95815	(916) 646-8680 (916) 646-8660 Email: chcc@civicpartnerships.org Website: www.civicpartnerships.org
“Meeting Well” A Tool for Planning Healthy Meetings and Events English/ 2000	A tool for meeting planners and organizational staff to plan healthy meals and snacks. ---Adults	American Cancer Society	(800) ACS-2345 Website: www.cancer.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“The Calcium Connection” English/1997	Self-administered quizzes and discussion on importance of calcium from childhood through adulthood. ---Women	Dairy Council of California	(888) 868-3133 Website: www.dairycouncilofca.org
“The Wellness Guide for Families” English/Spanish/Braille 2001	Directory that provides information about staying well and contact information to health resources. ---General Audience	The Wellness Guide Project School of Public Health University of California Berkeley, CA 94720	(510) 643-9543
Lesson Plans/ Activities			
Curriculum			
Healthy Lifestyle Fact Sheets English/ 2000	Curriculum and five fact sheets on nutrition and physical activity habits and breast cancer risk; one fact sheet for high literacy consumers. ---Health professionals for women	California Dept of Health Services Cancer Detection Section 1616 Capitol Ave. Suite 74.421 MS 7203 Sacramento, CA 94234-7320	(916) 449-5279 (916) 449-5310 Fax
Guide			
“Nutrition During Pregnancy and the Postpartum Period: A Manual for Health Care Professionals” English/ 1990 <i>Currently being revised</i>	Lists recommended nutrition services for pregnant and postpartum women. Includes summary report, weight assessment grids. ---Providers of prenatal care	California DHS, MCH Branch 1615 Capitol Ave. MS 8306 P.O. Box 942732 Sacramento, CA 94234-7320	(916) 650-0401 (916) 650-0382 Fax

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Professional Resources			
“Compendium of Research” English/ 2003	A reference binder that contains literature review of 400 articles related to nutrition and physical activity interventions targeting low-income families. ---Health professionals	California State University Fresno 2345 East San Ramon Ave. M/S SR136 Fresno, CA 93740-8031	(559) 278-2966 (559) 278-8341 Fax Debra Harris PhD. Website: www.csufresno.edu/ccchhs/NN
“Making Health Communication Programs Work: A Planner’s Guide”	Program planning, assessment, and evaluation guide tools and guidelines for each stage for implementing health communication efforts. ---Health professionals	National Cancer Institute	(800) 422-6237 Website: www.cancer.gov
“Nutrition and Physical Activity Curriculum” English/ 2003	A curriculum which contains three modules including lifestyle and chronic disease, relationship of psychosocial factors to nutrition and physical activity, role of nutrition and physical activity in preventing overweight and obesity. ---University faculty, social work students, community health and social welfare professionals, foster parent trainees, welfare to work participants	California State University Fresno Debra Harris PhD. 2345 East San Ramon Ave. M/S SR136 Fresno, CA 93740-8031	(559) 278-2966 (559) 278-8341 Fax Website: www.csufresno.edu/ccchhs/NN
“Promoting Nutrition and Physical Activity through Social Marketing” Current Practices and Recommendations English/ 2000	A research report of the comprehensive review of social marketing campaigns which focus on nutrition and physical activity promotion. ---Community-based health professionals, social marketers	Center for Advanced Studies in Nutrition and Social Marketing Department of Epidemiology and Preventive Medicine TB 168 One Shields Ave. University of California, Davis Davis, CA 95616	(530) 754-5821 Website: http://socialmarketing-nutrition.ucdavis.edu

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Public Health Primer” English/ 2000	Training guide that includes research-based information, guidelines and resources to reduce the risk for chronic disease and promote good health habits. ---Public health professionals working with low-income families	California State University Fresno Debra Harris PhD. 2345 East San Ramon Ave. M/S SR136 Fresno, CA 93740-8031	(559) 278-2966 (559) 278-8341 Fax Website: www.csufresno.edu/ccchhs/NN

6B. Nutrition Education: Children/Youth

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Audio and Visual			
“Kids Module – Parents and Children Sharing Food Tasks” English/Spanish/ 1999	Provides parents with information about developing healthy eating habits in their children. ---Parents and children	University of California, Berkeley Department of Nutritional Services Attn: Rita Mitchell, R.D. 209 Morgan Hall Berkeley, CA 94720-3104	(510) 642-3080
Handouts			
Brochure			
“Help Kids Eat More Fruits and Vegetables,” English/Spanish/ January 2003	Designed to give parents easy ideas for helping their 4-5 th grade children eat ‘5 a Day’. ---Parents	California Children’s 5 a Day Power Play! Campaign California Dept of Health Services 1616 Capitol Ave, 74.516 Sacramento, CA 94234-7320	Contact your local Power Play! lead agency Or call (888) EAT-FIVE Email: cpnscommunications@dhs.ca.gov
Counter Display			
“The Simple Solution to the Energy Problem” English	A standup display with a pocket for information sheets that give teens tips on healthy eating and physical activity. ---Adolescents	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.dhs.ca.gov/lean

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Fact sheet			
“Dear Family” English/ 1997	United States Department of Agriculture produced fact sheets with information, recipes, and activities, and letters for families. ---Parents	California Department of Education Nutrition Services Jan Lewis, M.A. R.D. Nutrition Education Consultant 560 J Street Room 270 Sacramento, CA 95814	(916) 323-7185 (916) 323-4311 Fax
Lesson plans /Activities			
Curriculum			
“Exercise Your Options” English/ 1998	Lessons to help kids to choose healthier foods and increase physical activity. Includes teacher guides, posters, transparencies, student workbooks and strategies to integrate with math and language arts. ---Middle School	Dairy Council of California	(888) 868-3133 Website: www.dairycouncilofca.org
“Jump Start Teens” English/ 1997	Features interactive lessons that integrate nutrition and physical activity into language arts, math, science, social studies and more, includes some Spanish-language handouts. ---High school teachers and key intermediaries	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/
“Nutrition Focus”	22 nutrition education lessons. ---Middle School	Elk Grove Unified School District Shannon Young 8389 Gerber Rd. Elk Grove, CA 95828	(916) 686-7735 (916) 689-1563 Fax

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Playing the Policy Game” English/ 2000	17 cross-curriculum activities to encourage eating more fruits and vegetables. ---Pre-teens	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.dhs.ca.gov/lean
Activities			
“5 a Day Bingo Game” English/Spanish	Clue cards, bingo cards and instructions. ---Professionals in schools, childcare centers, senior meal sites, long-term care	Produce for Better Health Foundation P.O. Box 149 Newark, DE 19715-0149	(888) 391-2100 (302) 894-1097 Website: www.shop5aday.com
“Pyramid Sticker Activity” English/Spanish	Master with food guide pyramid serving sizes, diet history and nutrition quiz. Stickers ordered separately. ---Grades 4-6	Washington State Dairy Council 4201 198 th St., SN, Ste. 102 Lynwood, WA 98036-6751	(425) 744-1616 E-mail: nutrition@eatsmart.org Website: www.eatsmart.org
Guide			
“Bright Futures in Practice: Nutrition” English/ 2000	Comprehensive nutrition guidelines for infancy through adolescence including suspension guidelines, concerns and tools. ---Health professionals, community agencies	National Maternal & Child Health Clearinghouse 2070 Chain Bridge Road Suite 450 Vienna, VA 22182-2536	(888) 434-4MCH (434-4624) (703) 356-1964 (703) 821-2098 Fax Website: www.nmchc.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“CANFIT (California Adolescent Nutrition and Fitness Program) Recipes for Success”	Educator’s step-by-step guide and workshop to help plan and implement outreach projects. It includes examples and strategies working with African American, Latino, Asian, Pacific Islander, and American Indian Youth. ---Low Income Adolescent ages 10-14	CANFIT 2140 Shattuck Ave., Suite 610 Berkeley, CA 94704	(510) 644-1533 (510) 644-1535 Fax Website: www.canfit.org/forms/recipes.pdf
“Children’s Gardens: A Field Guide for Teachers, Parents and Volunteers” 3 rd Edition English/ 1999	How to plan a successful children’s garden in a school, daycare facility, back yard, and community garden; gardening resources. ---Teachers, parents, volunteers	Common Ground Garden Program 2 Coral Circle Monterey Park, CA 91755	(323) 260-3348
“Family Connections-Helping Caregivers Develop Nutrition Partnerships With Parents” English/ 1997	A model program for families with children in childcare based on basic nutrition and childhood development; includes partnership action plans and tools to develop partnerships among caregivers. ---Child caregivers, health educators, and program administrators	Publications Division, Sales California Department of Education 721 Capitol Mall, Box 271 Sacramento, CA 95812	(800) 995-4099 (916) 445-1260 Fax
“Generation FIT” English/ 1999	Outlines five health related community service projects for youth. Allows students to learn and develop skills for advocacy, promotion, and community environment. ---Ages 11-18	American Cancer Society	(800) ACS-2345 Website: www.cancer.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Healthy Farms, Healthy Kids” English	Detailed description of farm to school projects; analysis of policies related to nutrition and local food systems; policy recommendations. ---Food service administrators, education, nutrition and agriculture policy makers, parents, teachers, small farmers	Community Food Security Coalition PO Box 209 Venice, CA 90294	(310) 822-5410 (310) 822-1440 Fax Website: www.foodsecurity.org
“Healthy Food Policy Resource Guide” English/ 2003	Food policy guide for school districts.	California Project LEAN P.O. Box 942732, MS 7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org
“Making Meals Matter for Your Young Child” A Guide for Busy Parents English/Spanish/ 1998	Self-instructional nutrition education including healthy food choices, managing feeding challenges. ---Parents of children ages 3-6	Dairy Council of California	(888) 868-3133 Website: www.dairycouncilofca.org
“Nutrition Education Training Modules for Early Childhood Providers”	Three training binders on the subjects of food preparation/consumer skills, food safety and sanitation for children, child feeding practices. ---Early Childhood (ages 3-8) providers taking workshop	UCCE Alameda County Nutrition Education Training Academy 1131 Harbor Bay Parkway Suite 131 Alameda, CA 94502	(510) 567-6812 (510) 567-6813 Fax (510) 777-2148 (NETA) Website: http://cealameda.ucdavis.edu
“Nutrition Olympics Tool Kit” <i>Revised version Spring 2004</i>	Nutrition games, activities, and taste-testing opportunities for a group of 200 children.	Health Education Council 1721 2nd Street, Suite 101 Sacramento, CA 95814	(916) 556-3344 (916) 446-0427 Fax

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
<p>“Nutrition Strategies for Children with Special Needs”</p> <p>English/ Spanish/ 2000</p>	<p>Screening forms designed for disabled children for nutrition risk. Includes instructions and referrals; food guidelines for ages birth to 18 years; sections on topics such as underweight, supplements, cerebral palsy, drug exposure.</p> <p>--Case managers who are screening for nutritional risk on disabled children</p>	<p>UAP Center for Child Development and Developmental Disabilities Children’s Hospital Los Angeles Mail stop #53 P.O. Box 54700 Los Angeles, CA 90054-0700</p>	<p>(323) 669-2300</p>
<p>“Resource Guide for Early Childhood Providers”</p> <p>English/2003</p> <p><i>Revised version available September 2003</i></p>	<p>Resource guide on food safety, sanitation, child-feeding practices, gardening, and physical activity.</p>	<p>UCCE Alameda County Nutrition Education Training Academy (NETA) 1131 Harbor Bay Parkway, Ste. 131 Alameda, CA 94502</p>	<p>(510) 567-6812 (510) 567-6813 Fax</p>
<p>“School Food Tool Kit”</p> <p>A guide to improving school foods and beverages.</p> <p>English/ 2003</p>	<p>Strategies and background information on how to improve school foods and beverages. Materials include fact sheets, surveys, sample letters, policies, and case studies.</p>	<p>Center for Science in the Public Interest Nutrition Policy Project 1875 Connecticut Avenue, NW, Suite 300 Washington, DC 20009</p>	<p>(202) 777-8352 (202) 265-4954 Fax Email: nutritionpolicy@cspinet.org Website: www.cspinet.org/schoolfoods</p>
<p>“The Power of Choice”</p> <p>Helping youth make healthy eating and fitness decisions. A leader’s guide.</p>	<p>Topic and activities, reproducible materials and posters.</p> <p>---Adolescents</p>	<p>CDE- Nutrition Services Jan Lewis, M.A. R.D. Nutrition Education Consultant 560 J Street, Room 270 Sacramento, CA 95814</p>	<p>(916) 323-7185 (916) 323-4311 Fax</p>
<p>Youth nutrition and activity</p> <p>English/ 2001</p>	<p>Assessment tools for identifying nutritional status, physical activity and nutritional risks.</p> <p>--- Ages 8-21</p>	<p>California Department of Health Services Children’s Medical Services 1515 K Street Room 400 Sacramento CA, 95841</p>	<p>For hard copy: call local CHDP program Item number PUB 4466 Website: www.dhs.ca.gov/pcfh/cms/chdp/publications.htm</p>

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Nutrition Competencies for California’s Children Pre-Kindergarten through Grade 12” English/ 2001	Guidelines to what is expected from students at each level concerning nutrition education. --- School districts and agencies promoting nutrition education	California Department of Education Publications Office P.O. Box 271 Sacramento, CA 95812	(800) 995-4099 (916) 323-0823 Order: www.cde.ca.gov/cdepress/ Website: www.cde.ca.gov/nsd/nets/r_index.htm
“School Health Index” English/ 2002	A self-assessment and planning guide that includes tools and guides to identify strengths and weaknesses, guides and how to implement strategies. ---schools	Centers for Disease Control and Prevention	Website: www.cdc.gov/nccdphp/dash/SHI/ Directions: Scroll down to last paragraph to get the version of the School Health Index which focuses only physical activity and healthy eating.
“Strategies for Success II” English/ 2001	Ideas and tools for sustainable nutrition education programs. ---Teachers, nutrition program staff, and administrators	California Department of Education Publications Office P.O. Box 271 Sacramento, CA 95812	(800) 995-4099 (916) 323-0823 Website: www.cde.ca.gov/cdepress
Kit			
“Changing the Scene” Improving the School Nutrition Environment English/ 2001	Guide to local action, support materials, resources, PowerPoint presentation, video, and brochures, CD-ROM. ---Parents, teachers, school administrators, school food service professionals	USDA/FNS 3101 Park Center Drive, Rm. 1010 Alexandria, VA 22302	Email: teamnutrition@fns.usda.gov Website: www.fns.usda.gov/tn/

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
<p>“Children and Weight: What Health Professionals Can Do About It”</p> <p>English/1999</p> <p>Flipchart Cambodian, Chinese, English, Hmong, Russian, Spanish, Vietnamese/ 1999</p>	<p>Training guide for providers about the causes of obesity, and current research on appropriate treatment for overweight children. It includes videos, concept paper, camera-ready handouts, resource lists, audio tape.</p> <p>---Health care professionals working with low-income children/teens</p>	<p>University of California ANR Communication Services 6701 San Pablo Avenue Oakland, CA 94608-1239</p>	<p>(510) 642-2431 (800) 994-8849 (510) 643-5470 Fax</p> <p>Website: http://anrcatalog.ucdavis.edu/</p>
<p>“Community Nutrition Action Kit: For People Where They Live, Learn and Play”</p> <p>English/ 1996</p>	<p>Training guide informs about Team Nutrition. It includes 35 activities for youth, families, and community. It also provides resources for implementing the activities.</p> <p>---Adults</p>	<p>Team Nutrition USDA Food and Consumer Service 3101 Park Center Lane, Room 632 Alexandria, CA 22302</p>	<p>(703) 305-1624 (703) 305-2549</p> <p>Website: www.usda.gov</p> <p>Specific website: www.fns.usda.gov/tn/Resources/index.htm</p>
<p>Community Youth Organization Idea and Resource Kit</p> <p><i>Revised version available March 2004</i></p>	<p>12 turnkey activities for use by youth leaders, school-aged childcare facilities, and other community-based youth organizations. Includes activity booklet, cookbook, brochure samples and rap tape</p> <p>---9–11 year olds</p>	<p>California Children’s <i>5 a Day</i> Power Play! Campaign California Dept of Health Services 1616 Capitol Avenue, Suite 74.156 Sacramento, CA 95841</p>	<p>Contact Your Local Power Play! Lead Agency Or</p> <p>(888) EAT-FIVE</p> <p>Email: cpnscommunications@dhs.ca.gov</p>

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
<p>“Eat SMART, Play Hard”</p> <p>English/ 2001</p>	<p>Campaign materials that promote healthy eating and physical activity. Includes posters, brochures, activity sheets, and bookmarks, tip sheets, book covers with <i>Power Panther</i> images.</p> <p>---Preschool- and school-aged children (2-18 years of age) participating or eligible to participate in FNS nutrition assistance programs and their caregivers.</p>	<p>USDA, FNS, OANE Western Regional Office 550 Kearney St, Rm 400 San Francisco, CA 94108</p>	<p>(415) 705-1350 (415) 705-1364 Fax</p> <p>Website: www.fns.usda.gov/eatsmartplayhard/default.htm</p>
<p>“Food Play”</p> <p>English/ 2000</p>	<p>School theatre video kits, media campaigns and educational resources. Can hire team to come to school and perform.</p> <p>---Grade K-12th</p>	<p>FOODPLAY Productions 221 Pine Street Northampton, MA 01062</p>	<p>(800) 366-3752</p> <p>Website: www.foodplay.com</p> <p>Note: not for diverse culture</p>
<p>“Healthy Choices, Healthy Me!”</p> <p>English/ 2002</p> <p>(Student workbook) English/Spanish</p>	<p>Teacher guide, poster, multicultural food pictures, and student workbook.</p> <p>---Grade 2</p>	<p>Dairy Council of California</p>	<p>(888) 868-3133</p> <p>Website: www.dairycouncilofca.org</p>
<p>“School Idea & Resource Mini Kit”</p> <p>English/ 2000</p>	<p>Highlights nutrition and physical activity policies in the school and community that teens can pursue with adult guidance.</p> <p>---Adults working with teens</p>	<p><i>California Children's 5 a Day Power Play! Campaign</i> Department of Health Services 1616 Capitol Ave, Suite 74.516 Sacramento, CA 95814</p>	<p>Contact your local Power Play! lead agency Or (888) EAT-FIVE</p> <p>Email: cpnscommunications@dhs.ca.gov</p>

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Lesson			
“Creation Station” English/ 2001	Nutrition activities that connect to language arts, agriculture, science and social studies, with hands-on cooking and video experiences. Also available in CD-ROM. ---Grades K-5	Dairy Council of California	(888) 868-3133 Website: www.dairycouncil.org Available but not on website. Order form downloadable.
“Healthy Eating for 2-5-year-old Children” English/2000	Four chapters: Building Healthy Habits, Healthy Food Choices, Children Need to Exercise Every Day, and Food Safety Concerns for Children. ---Parents, childcare providers and early childhood teachers	Maryland Cooperative Extension University of Maryland 0322 Symons Hall College Park, MD 20742	(301) 403-4263
“Kitchen Science for Kids” English/ 1995	Lesson plans to use science as a means to teach nutrition. Five science projects. ---Ages 5-12	Cornell Cooperative Extension P.O. Box 497 Voorheesville, NY 12186-0497	(518) 765-3500
“Team Up At Home” English/Spanish/ 1996	Nutrition education and activity booklet with games & education tools. ---Parents	CDE- Nutrition Services Jan Lewis, M.A. R.D. Nutrition Education Consultant 560 J Street Room 270 Sacramento, CA 95814 (Only English Version)	(916) 323-7185 (916) 323-4311 Fax

6C. Nutrition Education: Ethnic Specific

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Audio Visual			
“A Food Guide Pyramid with a Mexican Flavor” Community Nutrition Action List English/Spanish 1999	A food pyramid of Hispanic foods. ---Spanish Speaking Audience	University of California DANR Communication Services 6701 San Pablo Avenue Oakland, CA 94608-1239	(800) 994-8849 (510) 643-5470 Fax E-mail: Danres@ucdavis.edu Website: www.anrcatalog.ucdavis.edu
Handouts			
Brochure			
“Daily Food Guide for Koreans” Korean/1994	Healthy Korean food choices and how to eat a balanced diet of Korean foods. ---General Audience	Los Angeles County Nutrition Program 3530 Wilshre Blvd. Suite 800 Los Angeles, CA 90010	(213) 351-7889 (213) 351-2793 Fax
“Traditional Food can be Healthy” English/ 1993	Information to help educate and encourage Alaskan natives and American Indians of traditional ways that were healthy, and how to incorporate the lifestyle in present time. ---Low literacy American Indians	National Cancer Institute	(800) 4 CANCER (22-6237) Website: https://cissecure.nci.nih.gov/ncipubs/search.asp
Fact Sheet			
“Russian Fact Sheets” Russian/English/2000	Ten fact sheets for nutrition educators on the topics of healthy beverages, vegetables, weight gain, low-fat foods, sodium, prenatal diet, eggs, hypertension and dental health. ---Russian families	UC Cooperative Extension, Sacramento County 4145 Branch Center Road Sacramento, CA 95827	(916) 875-6913 (916) 875-6233 Fax E-mail: cesacramento@ucdavis.edu

Title Language/Year	Content and Target Audience	Ordering Information	
Lesson plans / activities		Agency & Address	Tele/Fax/E-mail/Internet
Guide			
“CANFIT (California Adolescent Nutrition and Fitness Program) Recipes for Success”	Educator’s step-by-step guide and workshop to help plan and implement outreach projects. It includes examples and strategies working with African American, Latino, Asian, Pacific Islander, and American Indian Youth ---Low Income Adolescent ages 10-14	CANFIT 2140 Shattuck Ave., Suite 610 Berkeley, CA 94704	(510) 644-1533 (510) 644-1535 Fax Website: www.canfit.org/forms/recipes.pdf
“Celebrating Diversity” Approaching Families Through Their Food” English/1998	Ideas and suggestions to teach nutrition to a wide variety of ethnic groups. ---Nutrition educators	Department of Health Services Human Resource and Service Administration	(888) ASK-HRSA Website: www.ask.hrsa.gov/
“Huesos Fuertes, Familia Saludable” An educational program on bone health for community health workers. English/ Spanish/ 2003	Educational program to increase the consumption of foods naturally high in calcium. Includes lesson plans for each session, handouts, games, record sheet, and certificates of achievement. ---Families	California Project LEAN P.O. Box 942732, MS 7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Kit			
<p>“Search Your Heart: A Church-Based Heart Health Program”</p> <p>English/1997</p>	<p>Resource for congregations who want to promote heart disease prevention with information on blood pressure screening, walking clubs, cooking and nutrition classes. Three activity kits with video, duplicating master.</p> <p>---African American adults</p>	<p>American Heart Association</p> <p>Northern California: La Connie Taylor African American Program Director American Heart Association 1710 Gilbreth Rd. Burlingame, CA 94010</p> <p>Southern California: Janet M. Brooks African American Program Director American Heart Association 10390 Santa Monica Blvd. Ste 310 Los Angeles, CA 90025-5058</p>	<p>(650) 259-6700 (310) 229-5502</p> <p>Website: www.americanheart.org</p>
Lesson			
<p>“Home Run! Program”</p> <p>English/ 1999</p>	<p>Five lessons in a self-taught learn-at-home program addressing chronic disease in the African American population.</p> <p>---African American Nutrition Educators</p>	<p>UCCE San Mateo County Gloria Brown 625 Miramontes Street Half Moon Bay, CA 94019</p>	<p>(650) 726-9059 (650) 726-9267 Fax</p> <p>Website: www.aachac.org</p>

7. Physical Activity

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Audio Visual			
“Fuel-Up, Lift-Off LA” English/2000	30-minute video with several activities demonstrated at a work site; includes nutrition tips. ---Adults	Los Angeles County Department of Health Services Johanna Asarian Anderson 241 N. Figueroa St., Rm. 347 Los Angeles, CA 90012	(213) 351-7824 (213) 351-2713 Fax Request and fax order form
Handouts			
Brochure			
“Activity & Eating: Linking Together for Optimal Health & Fitness” English/1999	General information which encourages healthy food choices & increased physical activity. ---Adult	Dairy Council of California	(888) 868-3133 Website: www.dairycouncilofca.org
“Be Active Your Way” English/ 2003	General information about the physical activity and its benefits ---Adults	<i>California 5 a Day</i> Department of Health Services 1616 Capitol Ave, Suite 74.516 Sacramento, CA 94814	(888) EAT-FIVE Website: www.ca5aday.com
CDC PA Brochures for Youth <ul style="list-style-type: none">Parent Brochure (Healthy Kids, Healthy Families)Teacher Brochure (You Inspire Strong Minds)Principal Brochure (They Will Follow Your Lead) English/ Spanish/ 2003	Principals to Increase Physical Activity Among Youth ---Parents, Teachers, School Administrators	Centers for Disease Control and Prevention (CDC)	(888) 231- 6405 Website: www.cdc.gov/nccdphp/dash/physicalactivity/brochures/index.htm .

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Food Activity and Your Guide for Better Health and Fitness” English/Spanish/ 2002	Teaches skills to make healthy food choices, to exercise, and how to prepare low-fat foods. ---Adolescents	California DHS, Children’s Medical Services 1515 K Street, Room 400 Sacramento, CA 95814	PUB 176 ENG PUB 171 Spanish Call Local CHDP Program
“Food on the Run” English/Spanish	Provides tips on healthy eating and physical activity. ---Parents of adolescents	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org
“Make Healthy Choices That Fit Your Lifestyle” English/Spanish/Vietnamese/ 1998	Ideas to easily increase physical activity in daily life and new ideas for healthy eating; setting personal goals. ---WIC program participants, low-literacy adults	County of Orange Health Care Agency WIC Program 1725 W. 17 th Street Santa Ana, CA 92706	(714) 834-7775 (714) 834-8028 Fax
Counter Display			
“The Simple Solution to the Energy Problem” English	Standup display with a pocket for information sheets that give tips on healthy eating and physical activity. ---Adolescents	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/
Pamphlet			
“Exercise: You Can’t Excuse Yourself” English/Spanish/ 1998	Informational handout with motivational ideas for fitting physical activity into daily routines. ---Low-income adults in Contra Costa County	Contra Costa Health Services Community Wellness & Prevention Program, 597 Center Avenue, Suite 115 Martinez, CA 94553-4634	(925) 313-6829 (925) 313-6840 Fax Website: http://ccprevention.org-coalitions-omf

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Lesson plans/Activities			
Curriculum			
“CATCH” Child and Adolescent Trial for Cardiovascular Health English	Integral approach to teach physical and nutrition education that contains family and food service components. It includes curricula, guidebook, activity box, and videos. ---Multi-ethnic grades 3-5	Contact via phone or online	Flag house (800) 793-7900 Website: www.flaghouse.com
“Keeping Fit, Keeping Healthy” English/1998	Gives practical demonstrations of the Walk Reebok Technique, physical activity information and tips on how to overcome barriers to fitness walking. ---Low-income residents and parents	Contra Costa Health Services Community Wellness & Prevention Program 597 Center Avenue, Suite 115 Martinez, CA 94553-4634	(925) 313-6829 (925) 313-6840 Fax Website: http://ccprevention.org-coalitions-omf
Guide			
“Bright Futures in Practice: Physical Activity” English/ 2002	Include guidelines and information to screen and assess physical activity levels of infants, children and teens and to provide guidance to parents. ---Health professionals	Bright Futures Distribution Center c/o Rockville Mailing Service Department B 751 East Gude Drive Rockville, MD 20850-1356	(301) 279-8890 (301) 559-5167 (fax) Email: brightfutures@ncemch.org Website: www.brightfutures.org

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“CANFIT (California Adolescent Nutrition and Fitness Program) Recipes for Success”	Educator’s step-by-step guide and workshop to help plan and implement outreach projects. It includes examples and strategies working with African American, Latino, Asian, Pacific Islander, and American Indian Youth ---Low Income Adolescent ages 10-14	CANFIT 2140 Shattuck Ave., Suite 610 Berkeley, CA 94704	(510) 644-1533 (510) 644-1535 Fax Website: www.canfit.org/forms/recipes.pdf
Kit			
SPARK	<ul style="list-style-type: none"> • Early Childhood (Ages 3-5) • Elementary Physical Education (Grades <u>K-2</u> and <u>3-6</u>) • Lifelong Wellness (Formerly called Self-Management – healthy food choices, reducing time watching TV, more) • Middle School Physical Education • After School (Active Recreation for ages 5-14) • Assessment, evaluation, and staff development materials. 	The SPARK Programs 438 Camino Del Rio South Suite 110 San Diego, CA 92108	(800) SPARK PE (619) 293-7992 Fax Email: spark@sparkpe.org Website: www.sparkpe.org/contact.jsp

Title Language/Year	Content and Target Audience	Agency & Address	Ordering Information Tele/Fax/E-mail/Internet
Professional Resources			
“Compendium of Research” English/ 2003	The reference binder contains literature review of 400 articles related to nutrition and physical activity interventions targeting low-income families. ---Health professionals	California State University Fresno Debra Harris PhD. 2345 East San Ramon Ave. M/S SR136 Fresno, CA 93740-8031	(559) 278-2966 (559) 278-8341 Fax Website: www.csufresno.edu/ccchhs/NN
“Making Health Communication Programs Work: A Planner’s Guide” English/2002	Program planning, assessment, and evaluation guide tools and guidelines for each stage for implementing health communication efforts. ---Health Professionals	National Cancer Institute	(800) 422-6237 Website: www.cancer.gov
“Nutrition and Physical Activity Curriculum” English/ 2003	A curriculum which includes three modules including lifestyle and chronic disease, relationship of psychosocial factors to nutrition and physical activity, role of nutrition and physical activity in preventing overweight and obesity. ---University faculty, social work students, community health and social welfare professionals, foster parent trainees, welfare to work participants	California State University Fresno Debra Harris PhD. 2345 East San Ramon Ave. M/S SR136 Fresno, CA 93740-8031	(559) 278-2966 (559) 278-8341 Fax Website: www.csufresno.edu/ccchhs/NN
“Promoting Nutrition and Physical Activity Through Social Marketing” Current Practices and Recommendations English/ 2000	Research report that gives a comprehensive review of social marketing campaigns which focus on nutrition and physical activity promotion. ---Community-based health professionals, social marketers	Center for Advanced Studies in Nutrition and Social Marketing Department of Epidemiology and Preventive Medicine TB 168 One Shields Ave. University of California, Davis Davis, CA 95616	(530) 754-5821 Website: http://socialmarketing-nutrition.ucdavis.edu

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Public Health Primer” English/ 2000	Training guide that includes research-based information, guidelines and resources to reduce the risk for chronic disease and promote good health habits. ---Public health professionals working with low-income families	California State University Fresno Debra Harris PhD. 2345 East San Ramon Ave. M/S SR136 Fresno, CA 93740-8031	(559) 278-2966 (559) 278-8341 Fax Website: www.csufresno.edu/ccchhs/NN
Websites			
California Walk to School Day			www.cawalktoschool.com
CDC Physical Activity			www.cdc.gov/nccdphp/dash/physicalactivity
Federal Government Physical Activity			www.healthierus.gov/exercise.html

8. Recipes, Cooking Tips, and Food Safety

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Food Safety/ Cooking tips			
Curriculum			
“Be Food Safe!” English/Spanish/Cambodian/Chinese/ Hmong/Lao/Vietnamese/ 2000	Self-teaching, train-the-trainer, food safety curriculum; includes background information, appendices, lesson plans, and hands-on activities; 20-page supplement with references and ordering information; camera-ready materials, large color poster. ---Low-income, low-literacy adults	University of California ANR Communications Services 6701 San Pablo Ave Oakland, CA 94608	(510) 642-2431 (800) 994-8849 (510) 643-5470 Fax Website: http://anrcatalog.ucdavis.edu/
Guide			
“Cooking Healthy” (Cocinando Saludable!) English/ Spanish/ 2003	Lessons on how to buy, store, and prepare fruits and vegetables. Includes recipes, staff guide, handouts, evaluation forms, and a resource section. Developed by California Project LEAN. ---Adults	Graphic Awakening, Inc. 25487 Coraltree Court Murrieta, CA 92563	Website: http://www.sdnnonline.org/
“Nutrition Education Training Modules for Early Childhood Providers”	Three training binders on the subjects of food preparation/consumer skills, food safety and sanitation for children, child-feeding practices. ---Early Childhood (ages 3-8) providers taking workshop	UCCE Alameda County Nutrition Education Training Academy 1131 Harbor Bay Parkway, Ste 131 Alameda, CA 94502	(510) 567-6812 (510) 777-2148 (NETA) (510) 567-6813 Fax Website: http://cealameda.ucdavis.edu

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Safe Food Handling” English/Spanish/ 2001	Bilingual food safety materials for use with consumers. Includes poster, flipchart, storage chart, cooking chart. ---Nutrition educators	Barbara Burson Food Science Institute Department of ASI, Call Hall Kansas State University Manhattan, KS 66506	(785) 532-2863 (785) 532-3295 Fax Email: bjburson@oznet.ksu.edu
Web			
“To Your Health: Food Safety for Seniors” English/ 2000	Website that reviews safe food practices to avoid food poisoning. ---Nutrition educators	USDA Food Safety & Inspection Service	Website: www.foodsafety.gov Website: www.fightbac.org
Ethnic Recipes			
Booklet			
“Celebre La Cocina Hispana” (Celebrate Hispanic cooking) English-Spanish/ 2000	Promotes healthy cooking in the Hispanic community; 18 recipes from Latin America and the Caribbean. *Most recipes meet <i>5 a Day</i> guidelines. ---Spanish-speaking adults	National Cancer Institute	(510) 429-2500 (800) 4 CANCER (422-6237) (510) 475-1496 Fax Website: www.nci.nih.gov Specific Website: https://cissecure.nci.nih.gov/ncipubs/
Brochure			
“Celebrate Health with a Low-fat Fiesta” English/ 1997	Features tasty, low-fat Mexican dishes and healthy eating tips. ---General audience	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
<p>“Celebre con una Fiesta al Aire Libre” (Celebrate health with a low fat fiesta)</p> <p>Spanish/ 1997</p>	<p>Includes tasty recipes for an outdoor fiesta and healthy eating tips.</p> <p>--- Spanish-speaking low literacy audience</p>	<p>California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320</p>	<p>(916) 552-9907 (916) 552-9909 Fax</p> <p>Website: www.californiaprojectlean.org/consumer/</p>
<p>“Eat Lean Mexican Cuisine”</p> <p>English</p>	<p>Includes tasty Mexican recipes and healthy eating tips.</p> <p>---General audience</p>	<p>California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320</p>	<p>(916) 552-9907 (916) 552-9909 Fax</p> <p>Website: www.californiaprojectlean.org/consumer</p>
Cookbook			
<p>“Cocina Hispana Saludable “ (Healthy Hispanic Cuisine)</p> <p>Spanish-English/ 1997</p>	<p>Recipes and healthy eating tips featuring dishes frequently used by Hispanics, especially of Mexican descent. Low fat, sodium, sugar, and cholesterol.</p> <p>---General audience</p>	<p>Loma Linda University School of Public Health Loma Linda, CA 92350</p>	<p>(909) 558-8729</p> <p>Website: pherring@sph.llu.edu</p>
<p>“Down Home Healthy” Family recipes of Black Americans chefs</p> <p>English/ 1994</p>	<p>Recipe for low fat, cholesterol, sodium, higher in fiber.</p> <p>---African American</p>	<p>National Cancer Institute</p>	<p>(510) 429-2500 (800) 4 CANCER (422-6237) (510) 475-1496 Fax</p> <p>Website: www.nci.nih.gov</p> <p>Specific Website: https://cissecure.nci.nih.gov/ncipubs/</p>
<p>“Healthy Latino Recipes Made With Love”</p> <p>English/Spanish/ 2003</p>	<p>Shows quick, easy, and tasty ways to prepare traditional Latino recipes that are low in total fat, saturated fat, cholesterol, and sodium. Each recipe also provides at least one serving of fruit and/or vegetable per individual serving size.</p> <p>--- Latino adults</p>	<p><i>California Latino 5 a Day Campaign</i> Department of Health Services 1616 Capitol Ave., Suite 74.516 Sacramento, CA 95814</p>	<p>(916) 449-5438 (888) EAT-FIVE</p> <p>Email: cpnscommunications@dhs.ca.gov</p>

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Kit			
“Healthy Traditions Cooking Series” The Flavors of Mexico, Asia and African America English/1996	Low-fat cooking techniques used in preparing cultural recipes. Food demonstrations by chefs. Includes 3-in-1 video, plus recipe and cooking tips ---Adults	Contra Costa Health Services Community Wellness & Prevention Program, 597 Center Avenue, Suite 115 Martinez, CA 94553-4634	(925) 313-6829 (925) 313-6840 Fax Website: http://ccprevention.org-coalitions-omf
General Recipes			
Booklet			
“Fresh, Fast & Fit” English/ 1995	Provides nutrition information, recipes, and ripening instructions. ---Adults	California Tree Fruit Agreement Linda Garcia P.O. Box 968 Reedley, CA 93654-0968	(559) 638-8260 (559) 638-8842 Fax Email: info@caltreefruit.com
Power Foods quick and easy recipes for people on the go. English/Spanish	Easy to prepare recipes for teens and adults.	Gloria Cahuich 32 W. 25 th Ave., Suite 203A San Mateo, CA 94403	(650) 573-3556
Brochure			
“California Ahhh-vocados” A Nutritious Alternative To Dips, Toppings, & Spreads	Alternative suggestions to using avocados instead high fat condiments to reduce calorie and fat intake.	California Avocado Commission 38 Discovery Suite 150 Irvine, CA 92618-3105	(949) 341-1955 (949) 341-1970 Fax Website: www.avocado.org
“Compre, Cocine & Coma con Poca Grasa” (Shop, Cook, and Eat lean) Spanish/ 1995	Provides a low-literacy Spanish-language version of ‘Shop, Cook & Eat Lean’. ---Spanish-speaking low literacy audience	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
“Food on the Run” English	Provides tips on healthy eating and physical activity. ---Parents of adolescents	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/
“Get the Scoop on What’s Good for You” English/Spanish/ 2002	Avocado nutrition information and recipes. ---Adults	California Avocado Commission 38 Discovery Suite 150 Irvine, CA 92618-3105	(949) 341-1955 (949) 341-1970 Fax Website: www.avocado.org
“More Low Fat Recipes Featuring California Figs” English/ 1996	Educates consumers about the benefits of fruit (figs) and a low fat diet, with recipes. *Not all recipes meet <i>5 a Day</i> guidelines ---Adults	California Fig Advisory Board Dept. LF 3425 N. First Street, Suite 109 Fresno, CA 93726	(800) 588-2344 (559) 440-6400 (559) 438-5404 Fax E-mail: info@californiafigs.com
“Quick and Easy Meals for Busy People” English/Spanish/2000	Promotes 5 servings of fruits and vegetables with recipes and cooking tips. ---Adults	California Dept. of Health Services Cancer Prevention and Nutrition Section P.O. Box 942732, MS 662 Sacramento, CA 94234-7320	(888) EAT-FIVE Website: www.ca5aday.com
“Shop, Cook & Eat” English/Spanish/ 1995	Highlights simple ways to shop smart, cook smart and dine smart. --Low literacy parents of adolescents	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer
“Shop, Cook and Dine” English/ 2001	Highlights simple ways to shop smart, cook smart and dine smart. ---High-literacy adults	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Cookbook			
“Food, Family & Fun”	50 healthy recipes, nutrition education activities, food guide pyramid, U.S. dietary guidelines, new food labels, safety in kitchen, and food storage, recourses for parents on nutrition and health.	Government Printing Office P.O. Box 371954 Pittsburgh, PA 15250-7954	(202) 512-1800 (202) 512-2250 Fax
“California Chefs Cook Lean” English/ 1995	Includes tasty, low-fat recipes from some of California’s best chefs. ---General audience	California Project LEAN P.O. Box 942732, MS-7211 Sacramento, CA 94234-7320	(916) 552-9907 (916) 552-9909 Fax Website: www.californiaprojectlean.org/consumer/
“Discover the Secret: To healthy living” English/Spanish	Features quick and tasty fruit and vegetable recipes that are perfect for breakfast, lunch, dinner, and snacks. ---General audience	Cancer Prevention and Nutrition Section <i>California Latino 5 a Day Campaign</i> 1616 Capitol Avenue Sacramento, CA 94234	(888) EAT-FIVE Email: cpnscommunications@dhs.ca.gov
“Fast meals & Quick Snacks” A cookbook for Teens English/ 1998	Provides introduction to the cooking. From shopping, menu planning to storage. Includes easy to understand recipes. ---Teens.	Sutter Memorial Hospital, Adolescent Family Life Program Sacramento, CA 95819	Contact your local CHDP agency
“Kids...Get Cookin’!” English/Spanish 2000 <i>Revised version Spring 2004</i>	Kid-oriented with fun graphics, tasty recipes and celebrities. ---Pre-teens, 4 th -5 th grade	<i>Children’s 5 a Day Power Play! Campaign</i> 1616 Capitol Avenue Sacramento, CA 94234	Contact Local Lead Agency or (888) EAT-FIVE Email: cpnscommunications@dhs.ca.gov

Title Language/Year	Content and Target Audience	Ordering Information	
		Agency & Address	Tele/Fax/E-mail/Internet
Handout			
“Easy Recipes Using Commodity Foods” English/ 2002	Over 60 tested recipes and handouts for demonstrations. ---Low-income families	Humboldt County Public Health Department California Project LEAN 529 I Street Eureka, CA 95501	(707) 268-2160 (707) 445-6097 Fax E-mail: jhouston@co.humboldt.ca.us Website: www.northcoastlean.org
“English/Russian Language Low Fat Recipes” English/Russian/ 1997	Low fat recipes for people who speak Russian. ---Low-income adults	The Health Education Council 1721 2nd Street, Suite 101 Sacramento, CA 95814	(916) 556-3344 (916) 446-0427 Fax
Kit			
“Lightning Meals: Family Feasts in a Flash” English/ 2002	Four videos, user guides, recipes, handouts and evaluation tools. ---Low-income adults	Humboldt County Public Health Department California Project LEAN 529 I Street Eureka, CA 95501	(707) 268-2160 (707) 445-6097 Fax E-mail: jhouston@co.humboldt.ca.us Website: www.northcoastlean.org

9. Research Publications

Research Publications	Quantity	Total
Survey Instruments		
1999 California Dietary Practices Survey - Survey Instrument <i>On CPNS website</i> – www.ca5aday.com		
1998 California Teen Eating, Exercise and Nutrition Survey Instrument <i>On CPNS website</i>		
1999 Children's Healthy Eating and Exercise Practices Survey – Phone Instrument <i>On CPNS website</i>		
1999 Children's Healthy Eating and Exercise Practices Survey – Food Diary Instrument <i>On CPNS website</i>		
Survey Reports		
Special Report to the American Cancer Society – Are Californians Meeting ACS Nutrition Guidelines for Cancer Prevention? Findings from Three Statewide Surveys of Children, Teens, and Adults (April 2001; Revised August 2002) <i>On CPNS website</i>		
Fruit and Vegetable Consumption in California Adults Ten-Year Highlights from the California Dietary Practices Surveys 1989-1999 (September 2002) <i>On CPNS website</i>		
Special Report to The California Endowment – Findings from the 1999 California Children's Healthy Eating and Exercise Practices Survey: Policy Implications (May 2001; Revised August 2002) <i>On CPNS website</i>		
Special Report to the American Cancer Society - 1999 CalCHEEPS: Fruit and Vegetables, A Long Way to Go (April 2000) <i>On CPNS website</i>		
1997 California Dietary Practices Survey: Overall Trends in Healthy Eating Among Adults, 1989-1997, A Call to Action, Part 2. California Department of Health Services, Sacramento, CA (1999). Press Highlights, Full Report		
1997 California Dietary Practices Survey: Focus on Fruits and Vegetables, Trends among Adults, 1989-1997, A Call to Action. California Department of Health Services, Sacramento, CA (1998)		
1995 California Dietary Practices Survey: Focus on Lower Income Consumers, Special Report for the Nutrition Network for Healthy, Active Families. California Department of Health Services, Sacramento, CA (1998)		
California Dietary Practices Survey: Focus on Fruits and Vegetables, Trends among Adults, 1989-1995, Topline Report. California Department of Health Services and Public Health Institute, Sacramento, CA (1997)		
California Teenage Eating, Exercise, and Nutrition Survey (CalTEENS) Media Highlights (September 2000)		
California Teenage Eating, Exercise, and Nutrition Survey (CalTEENS) Full Technical Report with Survey Instrument and Data Tables (September 2000)		
Formative and Evaluation Research		
Be Active: Physical Activity and Nutrition Integration Campaign – Formative Research (Summary Report – April 2002) <i>On CPNS website</i>		

Perceptions of the Food Stamp Program Among Limited-Household Income Residents of California: Results From Focus Groups (May 2002) <i>On CPNS website</i>		
Nutrition Network Concept Development and Testing for Fruit and Vegetable Consumption and Physical Activity - Results from Focus Groups (1999) <i>On CPNS website</i>		
Nutrition Network for Healthy Active Families: Focus Group Research With low Income White, African-American, and Latina Women With School-Aged Children Who Do and Do Not Use Food Stamps, Research Volume II, California Department of Health Services (1997). <i>On CPNS website</i>		

Telephone Inquiries should be directed to:
1 (888) 328-3483
(916) 449-5400

Mail Order Form:
California Department of Health Services
Cancer Prevention and Nutrition Section
Research and Evaluation Unit
P.O. BOX 942732 MS-7204
Sacramento, CA 94234-7320

Name:	Phone:	
Organization:	Position:	
Street Address:		
City:	State:	Zip: